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The Nutrition Superstore™

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SOLGAR

Optein - Natural Vanilla Cream

Wellness Beverage
 Vitamins, Minerals and Phytonutrients
 in a High Protein, Low Fat Supplement

- Immune Support
- Energy Producing
- Stress Adaptor

18.5 oz (525 g)

Nutripeak Price: \$16.99

MSRP: \$19.99

SAVE \$3.00 (15%)

BUY

Here are just some of the benefits you'll get from OPTein'S great tasting formula:

- 23 essential vitamins and minerals
- 7 sources of fiber including oat fiber, black currant fiber, apple fiber, lemon fiber, rice fiber, and apple pectin.
- Spirulina (High Quality Protein)
- Protein from 3 Sources: Soy, Whey and Spirulina
- Nutrients that may produce energy and help adapt to the physical stress of an active lifestyle
- Nutrients that may support the immune system
- Phytonutrients including: Blend of Kamut®, Barley and Wheat Grass, Blend of Reishi, Maitake and Shiitake mushrooms, Fruit polyphenols

Supplement Facts

Serving Size: 1 Level Scoop (35 g)

Servings Per Container: 15

| | Amount Per Serving | % Daily Value* |
|-------------------|--------------------|----------------|
| Calories | 125 | |
| Calories from Fat | 10 | |

| | | |
|--|-------------|------------|
| Total Fat | 1 g | 2% |
| Saturated Fat | 0.5 g | 3% |
| Cholesterol | 5 mg | 2% |
| Total Carbohydrate | 17 g | 6% |
| Dietary Fiber | 3 g | 12% |
| Sugars | 8 g | |
| Protein | 12 g | 24% |
| Vitamin A (as [3600 IU] palmitate, 18% [1400 IU] as natural beta carotene from Dunaliella salina) | 5000 IU | 100% |
| Vitamin C (as L-ascorbic acid) | 45 mg | 75% |
| Vitamin D (as cholecalciferol) | 300 IU | 75% |
| Vitamin E (as D-alpha tocopheryl Acetate) | 23 IU | 77% |
| Thiamin (as thiamin mononitrate) | 1.1 mg | 73% |
| Riboflavin | 1.3 mg | 76% |
| Niacin (as niacinamide) | 15 mg | 75% |
| Vitamin B6 (as pyridoxine hydrochloride) | 1.5 mg | 75% |
| Folic Acid | 300 mcg | 75% |
| Vitamin B12 (as cyanocobalamin) | 5 mcg | 83% |
| Biotin (as D-biotin) | 200 mcg | 67% |
| Pantothenic Acid (as D-calcium pantothenate) | 7.5 mg | 75% |
| Calcium (as calcium carbonate, calcium from proteinate) | 200 mg | 20% |
| Iron (as reduced iron, iron from proteinate) | 9 mg | 50% |
| Iodine (as potassium iodide, brown seaweed extract) | 115 mcg | 77% |
| Magnesium (as magnesium oxide, magnesium from proteinate) | 100 mg | 25% |
| Zinc (as zinc oxide) | 11 mg | 73% |
| Selenium (selenium from proteinate, brown seaweed extract) | 14 mcg | 20% |
| Copper (as copper gluconate) | 1.5 mg | 75% |
| Manganese (manganese from proteinate) | 0.4 mg | 20% |
| Chromium (as chromium polycotinate) | 24 mcg | 20% |
| Molybdenum (molybdenum from proteinate) | 15 mcg | 20% |
| Sodium† | 120 mg | 5% |
| Potassium (from malted oat cereal solids) | 70 mg | 2% |
| Lecithin (from lecithin oil) | 500 mg | ** |
| Dried Red Beet Powder | 50 mg | ** |
| Dried Broccoli Powder (<i>Brassica aleracea</i>) (aerial) | 50 mg | ** |
| Dried Carrot Powder (<i>Daucus carota</i>) (root) | 50 mg | ** |
| Spirulina Powder | 50 mg | ** |
| Alfalfa Sprouts Powder (<i>Medicago sativa</i>) (aerial) | 50 mg | ** |
| Kamut Grass Powder (<i>Triticum durham egyptum</i>) (aerial) | 50 mg | ** |
| Wheat Grass Powder (<i>Tritizum vulgare</i>) (aerial) | 50 mg | ** |
| Barley Grass Powder (<i>Hordeum vulgary</i>) (aerial) | 50 mg | ** |
| Reishi Mushroom Extract (<i>Ganoderma lucidum</i>) | 20 mg | ** |
| Maitake Mushroom Extract (<i>Gifola frondosa</i>) | 20 mg | ** |
| Shitake Mushroom Powder (<i>Lentinus Edodes</i>) | 20 mg | ** |
| Brown Seaweed Extract | 30 mg | ** |
| Isoflavones†† (from soy concentrate) | 20 mg | ** |
| Octacosanol (from wheat germ oil) | 250 mcg | ** |
| Lactoferrins | 10 mg | ** |
| Glutamine Peptides | 100 mg | ** |
| Astragalus Extract (<i>Astragalus membranaceus</i>) (root) | 20 mg | ** |
| Schizandra Extract (<i>Shizandra chinensis</i>) (fruit) | 20 mg | ** |

| | | |
|---|--------|----|
| American Ginseng Extract (<i>Panax quinquefolium</i>) (root) | 20 mg | ** |
| Siberian Ginseng Extract (<i>Acanthopanax seticosus</i>) (root) | 20 mg | ** |
| Korean Ginseng Extract (<i>Panax ginseng</i>) (root) | 20 mg | ** |
| Rhodiola Extract (<i>Rhodiola rosea</i>) (root) | 20 mg | ** |
| Elderberry Extract (<i>Sambucus nigra, canadensis</i>) (berry) | 20 mg | ** |
| Fruit Polyphenol (from apple, apricot/nectarin, cherry, prune, pomegranate) | 20 mg | ** |
| Beta Glucan (from oat fiber) | 25 mg | ** |
| Dried Colostrum Powder | 50 mg | ** |
| Cytidine Monophosphate | 5 mg | ** |
| Adenosine Monophosphate | 5 mg | ** |
| Uridine Monophosphate | 5 mg | ** |
| Guanosine Monophosphate | 5 mg | ** |
| Phosphatidylcholine (from lecithin oil) | 100 mg | ** |
| Phosphatidylinositol (from lecithin oil) | 20 mg | ** |

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

†Naturally occurring; therefore amount may vary.

††Not Genetically Modified, Soy From Nature.™

Other Ingredients:

Malted Oat Cereal Solids, Soy Protein Isolate, Crystalline Fructose, Whey Protein Isolate, Whey Protein Concentrate, Soy Protein Concentrate, Apple Fiber, Oat Fiber, Natural Flavors (vanilla flavor, cream flavor), Gum Arabic, **Apple Pectin**, Black Current Fiber, Lemon Fiber, Rice Fiber Concentrate, Fruit Concentrate.

Suggested Use:

As a dietary supplement for adults, mix 35 g (approximately 1 level scoop) into 8 ounces of water, juice, milk soy or rice milk and stir briskly. Please note the additional calories and/or protein provided by your favorite source of milk or juice.

Warnings:

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Manufacturer Info:

www.solgar.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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